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Learn To Swim: Even If You Are Terrified (Swimming Book 1)



Synopsis

Best-seller since May 2013. A must for those who want to swim but are too scared to start. A complete swimming course for the terrified beginner. Aimed at adult non-swimmers, it can also be used with children under supervision. Please note that this book does not contain illustrations. The author is a qualified Life Coach and Swimming Teacher who specialises in teaching terrified beginners. The first part of the book takes you through setting realistic goals, methods and making arrangements. The course itself starts with water confidence in the privacy of your own home, followed by a series of gentle exercises in the swimming pool. You are firmly in the driving seat. The aim is for you to find the course do-able and enjoyable. Fear has no place here, neither does blame or criticism. The author teaches the elements of this course to junior school pupils and adults every week. She has observed how powerful empowering the learner actually is. She has been humbled by suddenly seeing students overcome their fears and taking off. Please note: this book does not contain illustrations. The book includes: Goal setting and preparation Water confidence Floating with and without swimming aids Swimming on your back Swimming on your front

“seeing the joy on a non-swimmer’s face, when they complete their first width, is like drinking the finest champagne.”

Non-Swimmers Should Not Pass Up This Book! •

Book Information

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Customer Reviews

I have been terrified of the water ever since nearly drowning in Lake Michigan as a young boy on a trip with neighbors who didn't keep very close tabs on me. My wife has tried to teach me to float - with no success - for 40 years. The techniques outlined in this book are easy to follow, and I cannot wait to try them in a pool with a helper. Maybe finally, after all these years, I'll be able to swim and NOT be afraid of the water. Thanks Michele, wish you lived in the States so I could get private lessons.

I read this book and reread it a few times. This motivated me to learn how to swim. I was able to use what I learned in the book to help my kids. My 11 yr old is more comfortable with the water and is swimming. I realized for me I need to get out of my comfort zone and just go to a class. This gives you tips on how to overcome your fear. Also, to have a friend that knows how to swim near by and a life guard on duty. I found this book very helpful and it gave me the courage to try. I did and I'm going to take lessons so I can learn and my kids are too!

"Very informative!"

This is a very well written and easy to follow guide for all those people wanting to teach someone to swim. I taught my daughter twenty-five years ago how to swim. I concentrated on teaching her the basic strokes but I could have benefitted from reading a book like this first. It's not as easy as it sounds even if you can swim. I can understand how some people are afraid of the water and this is a good book to read as it helps teach a non swimmer how to overcome their fear.

I wish I'd had this well-written book for my daughter last year. She's an excellent swimmer but struggled to impart her knowledge to her two little daughters. Finally, she paid for (at considerable expense) a professional to do the job. Now, at 5 and nearly three, they swim like fish, but the process that got them there was exactly as described by the author. And to now see them swim is, indeed, like drinking champagne! But with this book in hand my daughter could have done it herself.

I recommend all non-swimmers who want to do something about this short-coming to read it before coughing up for a season's worth of professional swimming lessons.

Having gone through what I thought at the time would be a simple task, teaching someone to swim, I very soon learnt that it's not easy and that the, "Just do it like me," approach doesn't work. I wish I'd had this book to hand at the time because it goes through all the basic steps (or strokes, even) that are often overlooked by well-meaning amateurs when trying to teach their nearest and dearest. The book is not over-long, but nor does it rush the tyro into trying things that could end up making their fear of water even worse.

This book could literally save lives. The advice given is sensible, practical and do-able. Highly recommended for non-swimmers who want to learn and those who want to teach them.

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